

DelaWELL Health Management Program 2012-2013 Overview

Program dates: 7/1/12 - 5/31/13

The State of Delaware is pleased to provide you and your eligible spouse and dependents over age 18 (who are currently enrolled in a State of Delaware Group Health Plan) with activities, tools and resources to help you take charge of your health and wellbeing! Through the DelaWELL Health Management Program, eligible members have **FREE** access to a confidential online wellness assessment, onsite health screenings, wellness challenges, online and onsite health seminars, personal health coaching, condition care programs and much more. This program is provided for free as part of your health care benefits.

Earn DelaWELL 2012-2013 Rewards As Easy As 1-2-3!

Benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan can earn **DelaWELL Rewards**¹ for participating in various program activities throughout the year.

Step 1. Participate in a **DelaWELL Health Screening** to be held at various locations throughout the state from July 2012 through November 2012 AND January through April 2013. Click on the links on the left menu of the [DelaWELL Health Portal](#) for more information, including a calendar and to register for an appointment.

Step 2. Complete your confidential online **Wellness Assessment** questionnaire for 2012-2013. In about 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals.

Step 3. Actively participate in any one of these: **Health Coaching, Condition Care Program or Weight Watchers Program**². Click on the Health Coaching or Condition Care links on the left menu of the [DelaWELL Health Portal](#) or call 1-866-674-9103 to find out more and enroll today. Or, click the Weight Watchers link to find out how to participate in this new program option! Read the program activity descriptions below to learn what active participation means for these programs and how credits will be awarded.

Complete Steps 1 and 2 to earn the Silver Level: \$100 DelaWELL Reward¹

OR

Complete Steps 1 and 2 and 3 to earn the Gold Level: \$200 DelaWELL Reward¹

Get Paid Early!

DelaWELL Silver Reward¹ amounts earned and recorded **by October 15, 2012** will be paid in December 2012! Be sure to complete your DelaWELL Health Screening and online Wellness Assessment early and enjoy your early bird reward!¹

¹ DelaWELL Silver Reward amounts earned between July 1, 2012 and October 15, 2012 will be paid in December 2012. DelaWELL Silver Reward amounts earned between October 16, 2012 and May 31, 2013 and all DelaWELL Gold Reward amounts earned between July 1, 2012 and May 31, 2013 will be paid in July 2013. Employees who earn the incentive will receive a cash incentive included as part of their pay in either their December 2012 or July 2013 pay, as appropriate. (The exact pay periods will be determined and communicated at a later date). State non-Medicare eligible pensioners who earn the incentive will have it applied toward either their December 2012 or July 2013 pension check, as appropriate. Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). Both the Wellness Assessment and Health Screening are required to earn rewards. All activity requirements must be met no later than May 31, 2013.

² Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Participants must enroll in and participate in a Health Coaching program or Condition Care program or complete one of the two Weight Watchers program options to complete Step 3 and qualify to earn the \$200 incentive. Condition Care programs include asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain and osteoarthritis. Participants must meet the purchase requirements and submit their Reimbursement Form to Weight Watchers by 4/15/13.

To satisfy the Step 3 requirement and receive the activity credit, members need to:

Health Coaching: Complete at least 8 interactions (i.e., phone call, email or online conversation with a coach) within 6 months of enrolling in a Health Coaching program, as well as complete a follow up coaching survey.

Condition Care: Be enrolled in a full program and keep scheduled calls with your Alere nurse care manager. Condition Care is an ongoing program. Members do not need to "re-enroll" in a Condition Care program each year.

Weight Watchers: Complete either of 2 options. (1) Weight Watchers Meetings with Monthly Pass - Purchase three (3) consecutive Monthly Pass subscriptions at \$36.50 per month to get the convenience of Weight Watchers meetings in your workplace and unlimited meetings in your local community OR (2) Weight Watchers Online subscription - Purchase six (6) consecutive Online Membership subscriptions at \$16.10 per month to get a step-by-step plan to follow entirely online with interactive tools and resources like a weight tracker, progress charts, restaurant guides and much more. Participants must meet the purchase requirements and submit their Reimbursement Form to Weight Watchers by 4/15/13.

Program Activity Descriptions

DelaWELL Health Screening

Knowing your key health values, such as blood pressure, blood sugar (glucose) and cholesterol is important to help you stay healthy and detect health conditions early when they are most treatable. Sign up for a **FREE Health Screening Appointment** provided at various State of Delaware locations from **July 2012 through November 2012 AND January 2013 through April 2013**. Completion is required to earn any DelaWELL rewards. See the appointment registration link on the left menu. **Credit will be awarded for you automatically about four weeks (20-25 business days) after completion of your screening appointment.**

Online Wellness Assessment

Members have from July 1, 2012 through May 31, 2013 to complete an online Wellness Assessment! The Wellness Assessment is an online, confidential questionnaire about your health habits and can be completed online in about 15-20 minutes. As soon as you finish, you will get your Wellness Score and personalized report. The results will help you identify your health risk areas and give you practical suggestions for improving your health and reducing your risk for illness and injury.

To receive the most comprehensive report and recommendations, include your recent health screening values. You can enter these directly from the sheet provided at your DelaWELL Health Screening OR wait about four weeks after your screening event for your screening values to be automatically included in your assessment for you. If you want your values loaded for you, do not click "Finish" on your assessment until after your values are included. **Credit will be awarded for you automatically upon completion.** This activity is required to earn any DelaWELL rewards.

Health Coaching or Condition Care Program

Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Click on the Health Coaching or Condition Care links on the left menu of the [DelaWELL Health Portal](#) or call 1-866-674-9103 to find out more and enroll today.

Health Coaching: You have access to your own confidential Health Coach who provides personalized guidance through a series of phone calls or online interactions to help you reach your health goals, such as losing weight, increasing physical activity, reducing stress or quitting smoking. If you are ready to make a healthy change and need the additional support of a coach, call 1-866-674-9103 to get started. **Your Health Coach will validate completion, and credit will automatically be awarded upon meeting the criteria of completing 8 interactions (i.e., phone call, email or online conversation) with a coach during the first 6 months after enrollment, as well as completing a follow up coaching survey. Completions are recorded monthly. This activity will satisfy the Step 3 requirement for the Gold DelaWELL reward.** See the "Health Coaching" link on the left menu of the [DelaWELL Health Portal](#).

Condition Care: If you have certain health conditions and are benefit eligible and currently enrolled in the State of Delaware Group Health Plan, an Alere nurse is available to you 24/7 to help you manage your condition, get the most from visits to your healthcare providers and live well. Conditions include asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), coronary artery disease (CAD), diabetes, back pain and osteoarthritis. See the "Condition Care" link on the left menu of the [DelaWELL Health Portal](#) for more information or call 1-866-674-9103. **Credit will be awarded to participants who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet completion criteria. Completions are recorded quarterly. This activity will satisfy the Step 3 requirement for the Gold DelaWELL reward.**

Weight Watchers Program

Participate in a Weight Watchers program in either of two ways to meet completion criteria: (1) Purchase three consecutive **Meetings with Monthly Pass** subscriptions at \$36.50 per month to get the convenience of Weight Watchers meetings in your workplace and unlimited meetings in your local community OR (2) Purchase six consecutive **Online Membership subscriptions** at \$16.10 per month, for a step-by-step plan, interactive tools and resources. See the "Weight Watchers" link on the left menu of the [DelaWELL Health Portal](#) for more information. Completions are recorded monthly. **Credit for participating in Weight Watchers will appear on your Health Portal page approximately 4-8 weeks after your Reimbursement Form is processed and approved by Weight Watchers. Participants must meet the purchase requirements and submit their Reimbursement Form to Weight Watchers by 4/15/13. This activity will satisfy the Step 3 requirement for the Gold DelaWELL reward.**

Healthy Living Programs

These interactive, personalized online tutorials help you take important steps to reduce risk and improve health. Once you complete the online Wellness Assessment, recommended Healthy Living Program topics are presented on the home page. However, you may choose any one of the 13 Healthy Living Programs (Weight Loss, Get In Shape, Stress Relief, Healthy Heart, Diabetes-Fighting, Custom Program, Smoke-Free, Healthy Aging, Easy Start, Healthier Diet, Cancer-Fighting, Healthy Senior or Healthy Kids). To participate in a healthy living program, click on the Healthy Living Programs link located on the left menu of the [DelaWELL Health Portal](#) under DelaWELL Program Info. You'll have an achievable goal

each week and a To-Do List of action items to help you make it happen. Regular e-mails will remind you to stay on track. **This activity provides you with health information but is not for credit toward the DelaWELL rewards.**

Members can only participate in one Healthy Living Program at a time. If you start another Healthy Living Program, the information in your current program will be lost.

DelaWELL University Onsite Health Seminars

Onsite Health Seminars will be held at various times and locations throughout the state during the program year. Topics will include Healthy Aging, Stress Management, Weight Management, Heart Health, Nutrition, Physical Activity and more. Click on the onsite health seminar link on the left menu of the [DelaWELL Health Portal](#) under "Health Resources" to register for a location nearest you.

DelaWELL University Health Seminars are ONLY offered to benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners who are currently enrolled in a State of Delaware Group Health Plan. The Onsite Health Seminars are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees), due to limited seating accommodations. **This activity provides you with health information but is not for credit toward the DelaWELL rewards.**

Online Seminars

Learn about a different health and wellness topic each month in about 15 minutes. The current month's seminar is available on the home page, and prior month seminars are available under the Tools & Media link on the [DelaWELL Health Portal](#). **This activity provides you with health information but is not for credit toward the DelaWELL rewards.**

Satisfaction Survey

Complete a short online survey in April to give us your feedback about the DelaWELL program and provide your suggestions.

WELLNESS CHALLENGES

Smart Start Challenge (September 10 – October 14, 2012)

The Start Smart Challenge helps you focus on starting each day well rested with a healthy breakfast and getting physically active to get your metabolism going. These healthy steps will increase your energy level and help you be more productive. You can earn 1 point daily for doing the following:

- Eat a high-fiber, low-fat healthy breakfast
- Get at least 7 hours of sleep
- Get 15 minutes or more of physical activity

The goal of this challenge is to earn 75 points. Paper tracking forms will be available. Points must be entered online. **This activity provides you with health information but is not for credit toward the DelaWELL rewards.**

Winter Warm Up Challenge (January 14 - February 24, 2013)

The Winter Warm Up Challenge focuses on healthy habits to help you lose weight or maintain a healthy weight. Healthy eating, regular physical activity, and achieving balance are keys not only for maintaining a healthy weight, but overall well-being. You earn 1 point daily for doing the following:

- Get 15 minutes or more of physical activity
- Eat at least 3 servings of fruits and/or vegetables
- Don't skip meals – breakfast, lunch or dinner
- Limit sweets to 1 serving or less

The goal of this challenge is to earn 100 points. Paper tracking forms will be available. Points must be entered online. **This activity provides you with health information but is not for credit toward the DelaWELL rewards.**

Stretch & Go Challenge (April 1 – May 12, 2013)

You'll experience the benefits of increasing your core strength to maintain a healthy back and body in the Stretch & Go Challenge. Earn 1 point for each of the following activities designed to help you increase your functional strength, improve your flexibility, and maintain a healthy body:

- Stretch at least 10 minutes per day
- Complete at least 15 minutes of strength training per day
- Walk or complete weight bearing exercises at least 15 minutes per day

Your goal is to accumulate 90 points. Paper tracking forms will be available. Points must be entered online. **This activity provides you with health information but is not for credit toward the DelaWELL rewards.**